








## Supportive Sensory Resources

Name of resource	Price/Shops	How to use it	Where to use it	When to use it
<p><b>Weighted blanket</b></p>  <p>A <b>Blanket</b> With a <b>Purpose</b>. A <b>weighted blanket</b> can be used as a calming tool or for sleep. The pressure of the <b>blanket</b> provides proprioceptive input to the brain and releases a hormone called serotonin which is a calming chemical in the body It stimulates deep seated receptors which is important for the development and proper function of the human body. It provides relaxation and tranquillity. It can remove negative thoughts and fears</p>	<p>Amazon £25 Ebay Sensory direct</p> <p>Also available on marketplace on Facebook</p>	<p>Place around child at times of heightened behaviour or times of anxiety</p>	<p>To be used in the home, school,car and holidays. Sutton House have a few</p>	<p>When child is heightened, anxious, emotional, tired or stressed. Can also be used if they are having difficulty sleeping.</p>
<p><b>Trampoline</b></p>  <p>Burns off excess energy and stabilises sensory seekers.</p>	<p>Argos £30</p> <p>Also available on marketplace on Facebook</p>	<p>Remove shoes and jump lightly.</p>	<p>In the home, garden. Anywhere with a flat surface</p>	<p>When children appear to have excess energy</p>
<p><b>Body sock</b></p>  <p>Ideal for providing calming/tissue deep pressure input. Developing exercise and space and body awareness</p>	<p>Ebay £19.79</p> <p>Also available on marketplace on Facebook</p>	<p>Climb into it and stretch arms and legs out into each corner</p>	<p>Anywhere</p>	<p>For times of relaxation. During exercise sessions</p>
<p><b>Ear defenders</b></p>  <p>Good for removing unwanted noises</p>	<p>Amazon £10.95 Also available on marketplace on Facebook</p>	<p>Place on head and adjust to fit</p>	<p>Anywhere</p>	<p>In noisy spaces if it will cause unwanted distress</p>

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<p><b>Under desk fitness stepper</b></p>  <p>A low impact workout for all ages</p>	<p>Amazon £35</p>	<p>Put on floor and place pressure with both feet</p>	<p>Anywhere</p>	<p>When sitting watching tv, working etc</p>
<p><b>Wobble cushion</b></p>  <p>Improves balance, coordination and flexibility</p>	<p>Amazon £12.09</p>	<p>Put on chair before sitting down</p>	<p>Anywhere with a chair</p>	<p>When you are trying to remain seated and concentrate</p>
<p><b>Easynight blackout blinds</b></p>  <p>Creates a completely dark environment to aid sleep</p>	<p>Amazon £20</p>	<p>Attach to window with suction</p>	<p>Any window</p>	<p>Ensure room is dark</p>